

Health & Medical Information Booklet  
Frankfurt, Germany

**2008-2009 Edition**  
**Includes Emergency**  
**Contact Numbers**  
**Keep By Your Phone**



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**CHILDREN UNDER AGE 14**  
**MUST BE ACCOMPANIED BY A PARENT**

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## **WELCOME TO FRANKFURT**

The Health Unit is located in the H wing in the New Consulate Building (NCOB)

**Health Unit Hours**  
**0800- 1200 and 1300-1630**  
**Monday – Friday**  
**Walk-in patients are seen daily from 8:30-10AM**  
**Patients are otherwise seen by appointment only.**  
**Health Unit 7535-3225**

An **On-Call Medical Officer** is available 24 hours/day (after Health Unit hours) and may be contacted by cell phone 0160-8933-520 or Post 1 (7535-2444).

## **TO OUR CLIENTS**

The Office of Medical Services recognizes the importance of a positive relationship between the health care provider and the patient when providing quality medical care. The traditional patient/provider relationship at times takes on a new dimension when care is rendered in a worldwide arena where a medical support system may not be as readily available as in the United States. The Office of Medical Services strives to be sensitive to each person's unique health care needs.

## **THE OFFICE OF MEDICAL SERVICES RESPECTS YOUR NEEDS AS A CLIENT:**

- For considerate, respectful and professional care.
- For a reasonable response to your request for treatment or service within our capability.
- As governed by the rules and regulations pertinent to the delivery of health care by the Department.
- To make decisions involving your medical care in collaboration with your health care provider.
- To obtain from your health care provider information concerning your diagnosis, treatment, and follow-up care in terms you can reasonably be expected to understand.
- To privacy concerning your medical care and your medical records.
- To an avenue where your suggestions for improving the delivery of quality medical care may be considered.

To address your concerns regarding your medical care directly with your Health Care Provider or post Administrative Officer

## EMERGENCY MEDICAL SERVICES IN FRANKFURT CALL 112

Medical emergency response systems in Germany are not the same as those in the U.S. As a patient with a medical emergency, it is necessary to first determine the level of emergency and then proceed to the most appropriate medical facility using the best method of transportation.

**Medical Emergencies** – Conditions that are true medical emergencies require a physician that can render immediate care. Request a physician when you call an ambulance for an emergent medical problem. The type of Ambulance that will arrive is called a **Notarztwagen**. This is the **highest** category of emergency response for persons experiencing **chest pain, profuse bleeding, difficulty breathing, or other life threatening emergencies**. When a physician is requested, the dispatcher will send a fully equipped ambulance, which includes a physician either in the ambulance itself or in an accompanying emergency vehicle. The response is quick and efficient. Cost is from 350 € EUR to 600 EUR €.

**Serious but not life-threatening medical crises** – Conditions which need attention but **are not** life-threatening emergencies. The type of Ambulance is called a **Rettungswagen or Krankenwagen**. This Ambulance is a transport vehicle that has a medical assistant on board and is equipped to handle most emergencies. Emergencies should be treated at locations and by physicians most appropriate for the condition. Hospitals are listed further in this booklet.

### **When calling an Ambulance:**

Speak clearly. The dispatcher will ask questions or put an English speaking person on the telephone.

Have the following information ready:

- Name
- Address
- Telephone Number
- Describe what is wrong

### **After calling an Ambulance:**

Notify Post One at **7535-2444** who will notify the gate guard that an ambulance has been called.

Ask an adult neighbor to stand outside of your apartment to further direct the ambulance.

**Urgent Medical Issues after hours/weekends** -- Conditions that would ordinarily be treated in a medical office that cannot wait until the Health Unit is open can be treated in the Buerger Hospital Urgent care. They are open all public holidays, weekends, and after hours every evening until midnight. They are located on Nibelungenallee 37-41, 60318 Frankfurt. Phone (069) 1500-0 and (069) 1-92-92.

**EMERGENCY NUMBERS:**

AMBULANCE	112
TAXI	230001/250001
POISONING	06371-86-7070

**Poisoning Control 06371-86-7070 or**  
**(American Military Hospital)**  
**or**  
**1-800-222-1222 -U.S. National Poison Control**  
Have the following information ready:  
**What** was ingested?  
**How much** was ingested?  
**When?**  
**What** is the child's condition?  
**How old** is the child and approximate weight of the child?

**Pharmacy** [www.apotheken.de](http://www.apotheken.de).

- (1) Type in zip code (60320 for Frankfurt Housing Compound)
- (2) Click Notdienst-Apotheken (*after hours pharmacy*)
- (3) Click Suchen (search)

**Dental Emergency** - (069) **6607271**

*On call-Dentist.* Ask for a dentist office, which is open after hours, weekends, and holidays.

The UniKlinik is also available after hours and weekends to provide dental care. This facility is located on Theodor-Stern Kai #7 (see pg 18 for map). The Dental Clinic is in Building (Haus) 29 A, and for emergencies is open from 17:00-23:30 during week days, and from 8:00-23:30 on weekends and holidays. Phone (069) 6301-5877.

**Private Pay Urgent Care** – (069) **694469**

Medical doctors on call 24 hours/day for home visits or for urgent medical questions or after hours or holidays. If you need to be hospitalized, the doctor takes you to the hospital or calls the ambulance. **This number is not an emergency number.**

**Emergency Medical Assistance** – (069) **19292**

Medical doctors on call, for home-visits after hours, on weekends and on holidays. Ask for an English speaking person.

**Taxi** - (069) **23-00-01 or 25-00-01**

## **EMERGENCY ROOMS**

German emergency rooms are strictly for medical emergencies. They are not general “*after hours*” or “*urgent care*” centers. Each medical department may have it’s own arrangement for the management of emergencies. You will not be graciously offered service for routine acute care problems. For this level of service, you should access the city Urgent Care Clinic operated out of the Buerger Hospital (see above).

Do not call German emergency rooms for medical information. The ER is prohibited (by law) to offer advice over the phone. For information or questions call the Health Unit medical hotline for this type of medical advice.

## **TAXIS**

Taxis are an excellent choice of transportation especially when an ill child requires attention on the way to hospital. Confusing one-way streets in Frankfurt become insurmountable when concerned about a family member. This is especially true of the University Hospital (Uniklink) where a taxi is your best way. It gets you past the guard gate and directly to the appropriate place. The medical center has several different clinic buildings and several emergency receptions depending of the problem.

## Health Unit Staff

Specialty	Name and Location	Phone
<b>Office Manager</b>	Nicole Alt Administrative Assistant	<b>069-7535-3225</b>
<b>Medical</b>	Dr. Kelii Gurfield, RMO / Frankfurt	<b>069-7535-3225</b>
	Dr. Cedric Dumont, RMM Frankfurt	<b>069-7535-3225</b>
	Mr. Marty Surface, FNP, FSHP	<b>069-7535-3225</b>
<b>Psychiatry</b>	Dr. Conrad Schmitt, RMO/ P Frankfurt	<b>069-7535-3225</b>
<b>Nursing</b>	Ms. Kathryn Khalife, RN, MSN American Registered Nurse	<b>069-7535-3223</b>
	Nurse	<b>069-7535-3244</b>
	Ms. Tonjala Dupre, RN American Registered Nurse	<b>069-7535-3241</b>
<b>Laboratory</b>	Ms. Marilyn Kennedy, RMT	<b>069-7535-2241</b>

### Hours of Operation

The Health Unit is open from 8:00 -12:00 &1300 -1630 Monday-Friday.

Patients are seen from 8:30-10:00 on a walk in basis, thereafter by appointment only. Walk-in hours are for acute health problems and are not for prescription refills, follow-up on existing medical problems, or for clearance exams or vaccines.

Travel and Immunization Clinic is held on Tuesdays and Thursday from 13:00-15:00. Please schedule an appointment for these services.

Appointments for all medical providers can be made at 7535-3225. We will try to accommodate special needs and realize many employees have unusual hours and work schedules.

***“IS IT A MEDICAL EMERGENCY?”:***  
**A GUIDE FOR THE HOME OR OFFICE**

Sometimes it is difficult to tell when a situation is a "real" medical emergency. If it falls within these categories, it is an emergency.

**1. MAJOR INJURY.** Rely on your common sense: Things like broken legs and large chest wounds deserve immediate medical attention.

**2. UNCONSCIOUSNESS.** If a person is unconscious, get medical help immediately.

**3. BLEEDING.** A wound that continues to bleed despite the application of direct pressure must be treated to prevent excessive blood loss. The average adult can lose several ounces of blood without any ill effect; a child tolerates loss of smaller amounts. In a small child, if you cannot control a nosebleed, go to the emergency room immediately.

**4. STUPOR OR DROWSINESS.** If a person is not alert enough to say what happened to him, get medical attention. A child who cannot be aroused needs medical attention.

**5. DISORIENTATION.** Often a part of many illnesses, it is common with a high fever. But a previously alert person who suddenly doesn't know time, place or identity needs immediate attention.

**6. SHORTNESS OF BREATH.** In young adults, the most frequent

cause of shortness of breath while resting is hyperventilation. But if this cannot be determined as the cause with -- get medical help.

**7. COLD SWEATS.** The common response to high fever and stress, the cold sweat as an isolated symptom is usually not serious. But in presence of chest pain, abdominal pain or light-headedness, it signals the need for immediate medical help.

**8. SEVERE PAIN.** Relief of severe pain may call for emergency care even if the cause is found to be inconsequential.

**9. SEIZURES, CONVULSIONS.** A seizure after a head injury requires medical help. Seizures may occur during an acute illness or if a person has a condition known as epilepsy. The seizure may last two to three minutes, during which time the person should not be restrained.

***When in doubt. . . ask!!***



## **ACUTE POISONING**

Poisoning, the fourth most common cause of death in children, results from the complex interaction of the poison, the child, and the family environment. The peak incidence is at age 2; and most of these episodes are not actual poisonings but ingestions that do not produce toxicity. Accidents occur most often in children under 5 years of age as a result of improper storage of drugs, household chemicals, etc. Repeated poisonings may be a sign of a family problem requiring intervention on the child's behalf, although 25% of children will have a second episode of ingestion of a toxic substance within a year following the first one. Accidental poisonings are unusual after the age of five. "Poisonings" in older children and adolescents usually represent manipulative or genuine suicide attempts. Toxicity may also result in this age group following the use of drugs or chemicals for their mind-altering effects.

## **PREVENTING CHILDHOOD POISONINGS**

Each year, thousands of children are accidentally poisoned by medicines, polishes, insecticides, drain cleaners, bleaches, household chemicals, and car products. Many products in Europe maybe without childproof safety lids/caps. It is the responsibility of parents to make sure that children are not exposed to potentially toxic substances.

## **HERE ARE SOME SUGGESTIONS:**

1. Insist on safety closures and learn how to use them properly.
2. Keep household cleaning supplies, medicine, car products, and insecticides out of the reach and sight of children. Whenever possible keep these supplies under lock and key.
3. Never store food and cleaning products together. Store medicine and chemicals in original containers and never in food or beverage containers.
4. Avoid taking medicine in your child's presence. Children love to imitate. Always call medicine by its proper name. Never suggest that medicine is "candy" - especially aspirin and children's vitamins.
5. Read the label on all products and heed warnings and cautions.
6. If you are interrupted while using a product, take it with you. It only takes a few seconds for your child to get into it.
7. Know what your child is capable of doing. For example, if you have a crawling infant, keep household products stored above floor level, not beneath the kitchen sink.
8. Keep the phone number of your doctor, hospital, and the Medical Unit near the phone.

## **Consulate Medical Services**

### **Eligibility**

Employees and authorized eligible family members of official USG agencies have access to the Health Unit. Foreign Service Nationals (locally engaged staff) are seen in the Health Unit for on the job injuries and on the job illness.

### **The Department of State Medical Program**

Employees and dependents are not eligible automatically for the Department of State Medical and Health Program. To become eligible each person in the family must take a physical examination and receive a medical clearance from the Medical Division before going overseas. Benefits may be denied to family members without a current clearance. To supplement the Department of State Medical and Health Program, adequate medical insurance is absolutely necessary both overseas and in the United States.

The Department of State will pay for medical care only if

(1) the illness or injury happens or is aggravated abroad; and

(2) the illness requires hospitalization for 24 hours or more. Both conditions must be met. The medical clearance is crucial to establish the first condition. If the above conditions are not met, costs become the responsibility of the employee and/or the employee's insurance company, such as outpatient care and dental care costs. Also, if a family is in the United States for any reason (home leave,

assignment, travel, or education), the individual, not the Department of State, is responsible for medical costs. When the above conditions are met, medical care under the Department of State Medical Program may be continued after the employee or eligible dependent returns to the United States and may, in fact, continue after the employee's retirement. Care for eligible dependent children, however, ceases at age 21.

Dependent children of separated or divorced parents are eligible for Department of State coverage if the overseas Department of State parent has legal custody and the child received a medical clearance before going overseas. If the Department of State employee does not have legal custody, the child may be treated by Embassy doctors but is not eligible for medical evacuation under Department of State coverage.

Employees and dependents may request that laboratory reports, X-rays, and medical records be sent to a private physician. The request must be in writing and signed by the person making the request. Records from psychiatric services are maintained separately; therefore, separate request must be made to release any information kept in those records.

Do not plan to rely solely on post Medical Units, nurses, or regional medical officers. These resources, although provided at no cost, are limited. Local facilities and specialists may have to be used.

Complete and well-documented records (including translations) of the employee's and each dependent's physical and mental health should be maintained for insurance claims

against the Department of State.

Upon retirement, employees may continue certain types of Federal employees health insurance if they have been covered for 5 consecutive years before retirement. A spouse who is widowed or divorced has only 30 days to opt for the health insurance plan continuation.

Certain medical expenses are tax deductible. These include health insurance premiums, dental and medical costs not covered by insurance or the Department of State, and transportation expenses for treatment.

### **Local Hospitalization**

Approval for local hospitalization, under the Department of State's Medical Program, must be obtained from the Medical Unit prior to admission. A letter of authorization, form (FS-569), is required. This may be deferred in **true emergencies**, but the **Medical Unit staff must be notified within 24 hours of any hospital admission.**

In cases of authorized hospitalizations, the hospital bill will be paid by the Department of State. Payment of expenses is subject to the following conditions and limitations:

a. The expenses, including expenses for outpatient care incurred prior or subsequent to hospitalization, must be directly related to the treatment of the illness, injury or medical condition, including obstetrical care requiring hospitalization.

b. The expenses must not be excessive in relation to local prevailing prices for medical services and supplies.

c. The type of treatment given must be considered suitable--as evaluated by the principal or administrative officer or on the advice of a competent medical authority.

d. Payment *shall not* be made for expenses incurred for the personal convenience of the patient, such as **private room, newspapers, telephone, television, other extra services** or accommodations superior to what are normal, considering the nature and severity of the illness or injury. . **3 FAM 685.2 d:**

*Additional fees such as private room charges, phone calls, extra food or other services should be paid by the individual at the time of discharge. These charges cannot be applied to the DS-3067 authorization.*

It is the responsibility of the employee to submit a claim to his/her insurance carrier for reimbursement, and the reimbursement, when received, must be turned over to the Budget and Finance Department at the Embassy.

The medical program pays medical expenses only when employees or dependents are hospitalized overseas, or a patient is medically evacuated, by the Department of State, to the United States for hospitalization.

### **Local Resources**

The American Consulate community is fortunate to have highly skilled medical

facilities and doctors readily available in Frankfurt. Just like the US, the quality of health care varies depending upon provider and medical facility. The Health Unit maintains a listing of approved facilities and providers in the Frankfurt area. The list is continuously being up-dated. New names of providers are being added (or removed) as needed. If you have a question about a proposed medical treatment, then feel free to ask the Health Unit.

### **Elective Hospitalization:**

Employees and eligible family members covered by the Department of State, Office of Medical Services, **are required** to have elective hospitalizations pre-approved by the Health Unit. In order to provide administrative services in a timely manner, the Health Unit needs to be informed of elective hospitalizations. Be prepared to provide the name of the doctor, hospital, medical insurance carrier and working diagnosis. The Health Unit will secure funding and appropriate follow-up as needed.

### **Emergency Hospitalization**

Pre-approval for emergency hospitalizations is not required. Notify the Health Unit in the event of any hospitalization (elective and emergency) for all official Americans assigned (including TDY personnel) to Consulate General, Frankfurt.

If you are unsure if the Office of Medical Services provides coverage for you, please call the Health Unit. 7535-3225.

**Marine Security Guards and Seabees** and their Eligible Family Members are covered by the State Medical Program.

Active duty military may contact a Patient Liaison Coordinator at #0622117-2751/2666 (Heidelberg) or 06371-86-8234/8303/8326 (Landstuhl).

Other questions and concerns can be addressed by calling the toll free number of Informed Care at #0130-829532.

The toll free number for the Tricare claims office in Wisconsin is #0130-823215. For other numbers and information, please contact the Health Unit #7535-3225 or your Commander.

## **German Hospitals**

Hospitals in Frankfurt compare favorably with modern hospitals in the U.S. and include most clinical services. A few of the hospitals are listed here. The German standard for accessing hospital care is quite different from that found in the U.S. Your private outpatient physician will not usually take care of you in the hospital. There is a distinct separation between those physicians who have a private practice and those who practice in hospitals. Your doctor will request a bed for you and then refer you to a permanent hospital staff specialist who is given your records.

There are exceptions to this standard and the Health Unit has obtained a listing of those hospital physicians who also accept private outpatients. This is particularly helpful when delivering a baby so that you will have the same doctor who will provide prenatal care as well as inpatient labor and delivery care.

### **Gowns and toilet articles:**

Most hospitals and clinics do not provide gowns, towels, face cloths, or toilet articles for their patients. You may not have a shower privately for your own use and the standards of modesty differ greatly from the American sense of propriety.

### **Food service:**

The main meal is served at noon and may be the only hot meal of the day. You can usually choose between 2 or

3 meals a day. You may wish to receive some personal food items from the outside to complement the German diet.

### **Telephone and television:**

You will need a cash deposit to call out on your telephone (usually 10EUR). This is done at the admissions office "Kasse" (at St. Markus this is on the ground floor to the right of the main entrance, room #16). You may be given a telephone credit card that you put in the phone. Television service in your room is not automatically provided.

### **Smoking:**

Smoking is not allowed in the patient rooms, but a smoking lounge is usually available.

### **Visiting Hours:**

Visiting hours are normally  
10:00 - 20:00.

A parent is allowed to stay overnight with a sick child for an additional cost at an average of 45 Euros.

German Law protects this right.



## St. Markus Hospital

St. Markus Krankenhaus is located on Wilhelm-Epstein-Strasse #2. The hospital primarily treats adults, but will offer primary acute care to older children (stitches for minor wounds, x-ray to check for broken bones, etc.)

To access the emergency room drive down Wilhelm-Epstein past the TV-Tower, turn into the circular drive of the main entrance walk through the main doors up the stairs to your left. The emergency (Ambulanz) is on the second floor.

### St. Markus Hospital ([www.markus-krankenhaus.de](http://www.markus-krankenhaus.de))

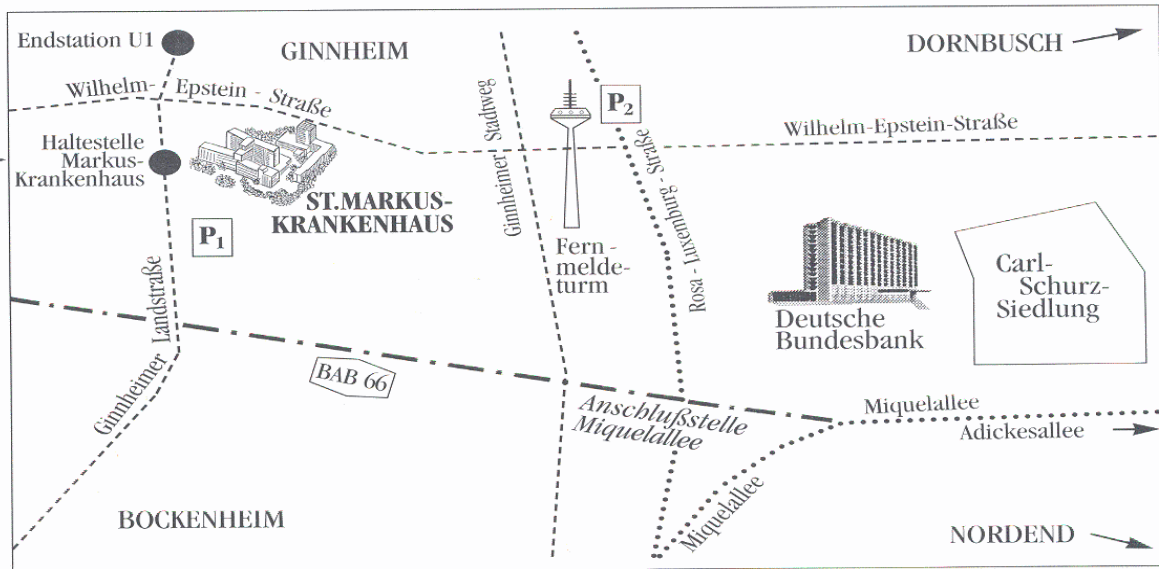
You may call the following numbers to make appointments for consultation prior to hospital admission or for any outpatient appointments.

DEPARTMENT	DIRECTOR	PHONE NUMBER
Hospital Operator		9533-0
Anesthesiology	Dr. Sold	9533-2256
Cardiology	Dr. Schraeder	9533-2202
General Surgery	Dr. Boettcher	9533-2212
Gynecology/Obstetrics	Dr. Gauwerky	9533-2228
Internal Medicine	Dr. Dignass	9533-2292
Laboratory	Dr. Scheiermann	9533-2469
Medical Intensive Care	Dr. Ludwig	9533-2202
Nephrology, High B/P	Dr. Grutzmacher	9533-2571
Neurology	Dr. Horbach	9533-2324
Pathology, Cytology	Dr. Walther, Dr. Lange	9533-2365/2366
Plastic surgery	Dr. Exner	9533-2544
Radiology	Dr. Hermann	9533-2241
Trauma/Orthopedic/ER	Dr. Weigand	9533-2540
Urology	Dr. Sohn	9533-2641

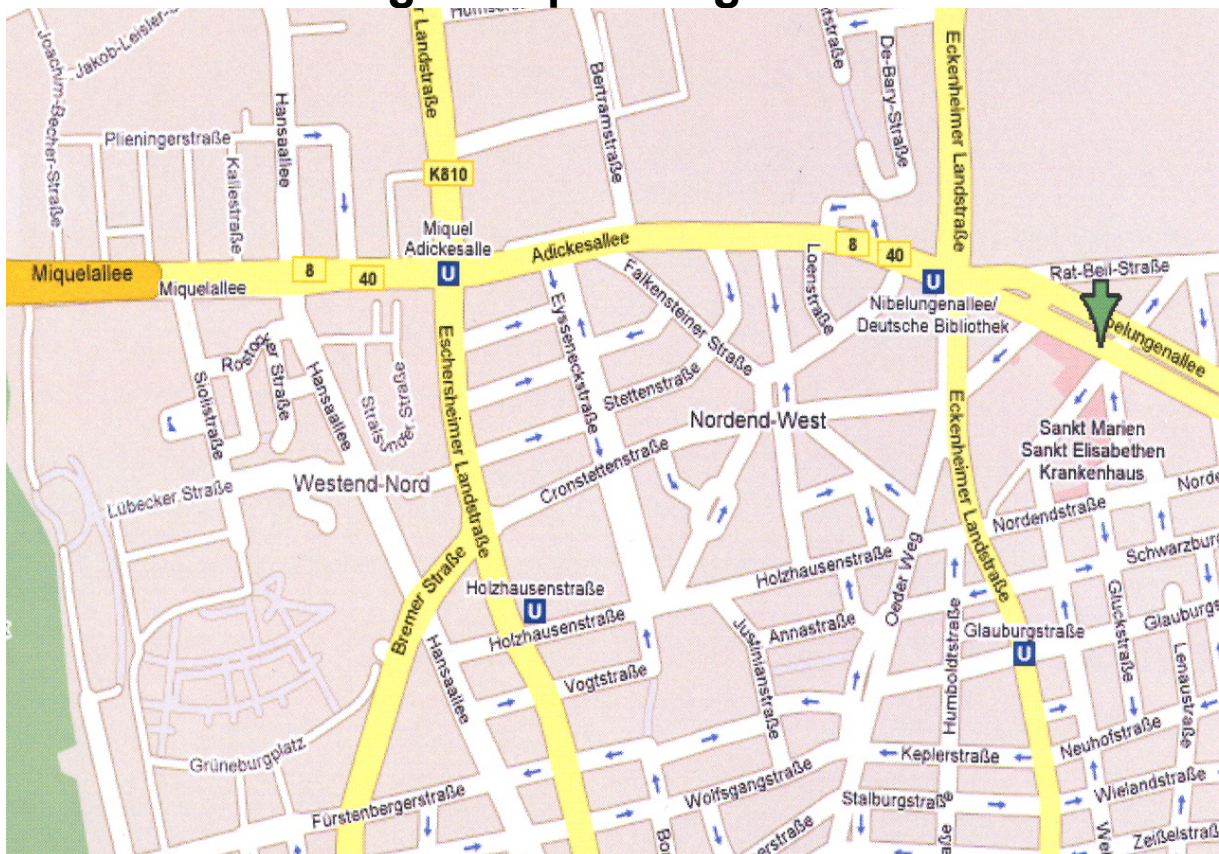


## Directions and map to St. Markus Hospital

For further information contact the Health Unit 7535-3225



## Buergerhospital Urgent Care





### **City Hospital Hoechst ([www.skfh.de](http://www.skfh.de))**

Stadt Krankenhaus Hoechst is located in the city of Hoechst about 15 minutes from our community. It is strongly suggested, especially if you have small children, that an orientation trip be taken as preparation in the event of an emergency.

There are several departments that have excellent reputations:

- The Eye Surgery Clinic,
- Children's Surgery clinic,
- Neonatal Intensive Care,
- Cardiac Rehabilitation Clinic.

The Consulate Community has found that this hospital is an excellent for high-risk pregnancies where a neonatal unit may be required.

**Directions:** To access the emergency room, take A#66 to Wiesbaden, take exit 8 at Hoechst (right after the exit to Main Taunus Zentrum/Koenigstein) and drive into the town. (You are going south on Koenigsteiner Strasse) You will see signs for "Krankenhaus" directing you to turn left just before the train overpass. Take the next left onto Gotenstrasse. The hospital complex will be on your right. Turn into the second road marked "Nachtaufnahme" (night admission). There are three emergency areas: Adult Aufnahme; then around the corner the Children (Kinder) Aufnahme area; and at the end the Eye Emergency area. Walk up and ring the bell.

DEPARTMENT	DIRECTOR	PHONE
Admin/Billing	Mr. Haberer	(069) 3106-2512
Cardiology	Prof. Dr. Sen	(069) 3106-2937
ENT	Prof. Dr. Hofmann	(069) 3106-2971
Eye Clinic	Prof. Dr. Mohr	(069) 3106-2975
Internal Medicine	Prof. Dr. Haag	(069) 3106-2813
Labor/Delivery	Prof. Dr. Czygan	(069) 3106-2355
Nephrology	PD Dr. Koch	(069) 3106-2834
Neurology	Prof. Dr. Schuetz	(069) 3106-2931
OBGYN	Prof. Dr. Moebius	(069) 3106-2846
Orthopedic	Prof. Dr. Maronna	(069) 3106-2902
Pediatric	Prof. Dr. Straub	(069) 3106-2806/2375
Pediatric	Prof. Dr. Schrod	(069) 3106-2806
Urology	Prof. Dr. Ludwig	(069) 3106-2834





## University Research Hospital (Uniklinik) - [www.kgu.de](http://www.kgu.de)

Uniklinik der Johann Geothe Universitat is located at Theodor-Stern-Kai #7 and is a University and medical research facility. This hospital is quite large, the Uniklinik has eleven buildings that provide care in every field of medicine, including the most advanced cardiac surgery. The Uniklinik has various specialty pediatric departments.

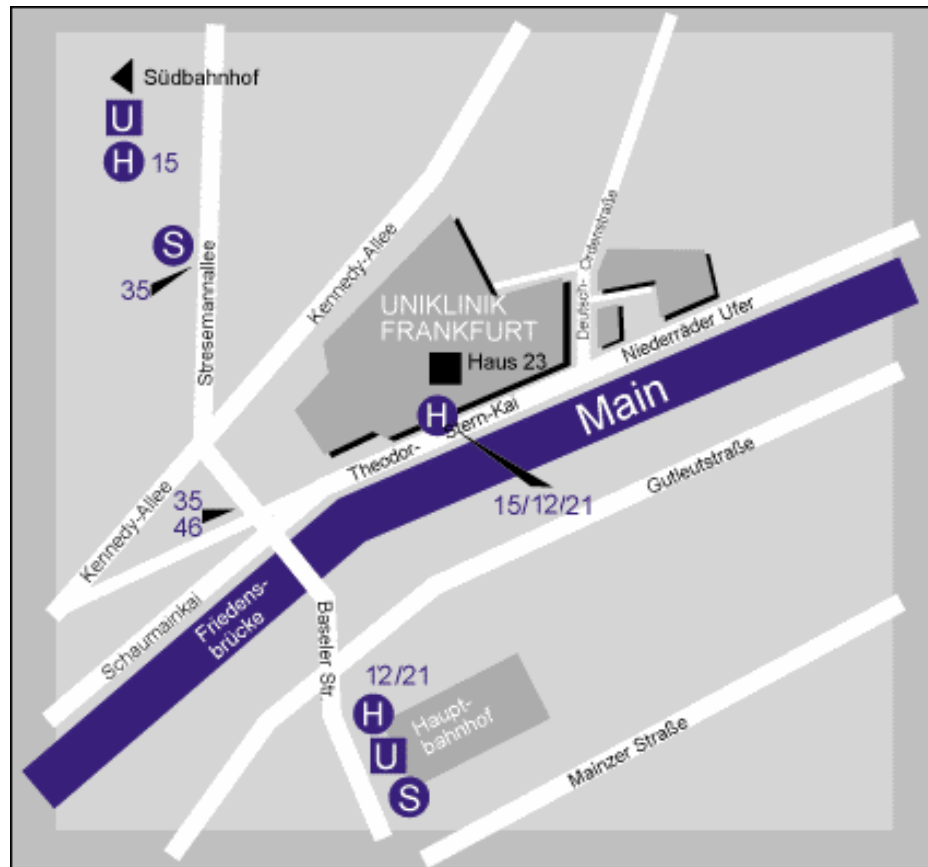
To access the emergency room of the Uniklinik enter the main drive and turn right into the parking area. Enter main building 23A. The reception area is to your right. For after hours emergency, go past the guard gate, turn right and then drive underground. You will not be permitted to park in this area, it is advisable to take a taxi. Taxi's are allowed to go to the front door of the buildings with no problems.

The Consulate Community (as private pay patients) may make private appointments with the Uniklinik directors and outpatient departments. The Health Unit staff is available for assistance.

If you have Blue Cross and Blue Shield you can gain access without a deposit for care. Otherwise please have 100 EUR available. If you are hospitalized, no down payment is required. The Health Unit will contact the Admission Office for guarantee of payment. If you experience difficulty with any staff member concerning payment, the director of Finance Admissions is Herr Olaf Gadicke (English speaking). The phone #6301-5720, building #1 room "A", Admissions Office "Aufnahme". He is gracious and will allow admission of Consulate members without payment.

DEPARTMENT	DIRECTOR	PHONE
Cardiac intensive care	Prof. Dr. Moritz	6301-5850
Neonatal ICU	Prof.Dr. Schmitt	6301-5025
Trauma	Prof. Dr. Marzi	6301-5069
Nephrology & dialysis	Prof. Dr. Bednarz	6301-7643
Pediatric	Prof. Dr. Bender	6301-6810
Gynecology Clinic		6301-5176
Dermatology female		6301-5118
Dermatology male		6301-5221
Internal Medicine		6301-5141
Surgery Clinic		6301-5173

## Directions and map to Uniklinik



## **Payment of Hospital Bills**

### **State Department Program**

1. Notify the Health Unit of any hospitalization. We obtain the necessary permission and give you a letter of authorization in German and English for the hospital. Form DS 3067 is prepared by the Health Unit for you to sign. For emergency admissions, contact the Health Unit within 24 hours of hospitalization. We will fax a prepared letter to the billing department.
2. All other admissions, we will provide you with the letter of authorization for you to turn into the billing department in the hospital (Admission Office) "Aufnahme Büro". Give copies of the letter to any physician who treats you.
3. All Bills should be turned into the Health Unit. We must have original bills. If you inadvertently receive a bill please send it to the Health Unit. The DS 3067 covers payment of your hospitalization charges and any related outpatient care for one calendar year that is directly related to the hospitalization (diagnosis must be the same).
4. The Health Unit screens all bills for accuracy and they are sent to the Finance Office for processing and payment. Please be patient, the process may take time. Some German Hospitals only bill quarterly. And, they are also allowed by law to have a final two-year audit on all medical invoices.
5. After payment of your bill you will receive a letter from the Finance Office signed by the FMO (DS 966) along with your original bills requesting that you file with your private insurance. You have 90 days to provide health insurance reimbursement.
6. Please deposit any reimbursement from your health insurance to the Consulate cashier. (Bring copy of authorization cable for correct processing). You should keep receipt of payment for your records. Any un-reimbursed costs for inpatient care are covered by your agency.

***Outpatient bills, unless directly related to a hospitalization,  
are the responsibility of the patient.***

## **German Health Care Services**

German health care follows Western European standards. In many ways German practice is similar US medical care and therefore, familiar. The organization of German medicine and the German medical culture however is quite different. German medical practice is very authoritarian with less consumer interaction. Everyone living in Germany is required to have medical insurance. The German government sets the standards of care and the rates of reimbursement. As a private patient with private insurance your choices for care are greater. Be a careful consumer. Ask appropriate questions concerning medical recommendations, but do so prudently. And, be aware of the emphasis on holistic/homeopathic practice, much of which has limited scientific basis. Such practice is very prevalent in Germany.

## **Outpatient Care**

We are very fortunate in Frankfurt to have a variety of excellent physicians, dentists and pharmacists. The following listing will help you find an appropriate doctor here in Frankfurt. The listing implies no guarantee of satisfaction. The choice of any health care provider is a personal decision. There are many factors to consider. If at any time you are not satisfied with the care provided, or would like further information, please call the Health Unit so we may investigate or offer assistance. All outpatient expenses are the responsibility of the employee.

## **German Physicians and Dentists**

German doctors generally practice Monday-Friday morning and Monday, Tuesday and Thursday afternoon. Most have appointments times (Termine). The "Offene Sprechstunde" is an open time for walk in patients.

The Health Unit has screened many of the providers with a curriculum vita on file. Other providers have served the Consulate Community and have been referred to our listing. Please note that German Physicians (Arzt) are educated with standards similar to American standards. Dentists may not be as well trained. This listing includes dentists who are educated also as physicians or have additional certification to equal the American standards. All of the providers speak English, but you will find varying degrees of English competence among their office staff.

Be aware of the German Vacation. It is common practice for professionals to close their offices 3-4 weeks in summer and 2-3 weeks in December. Some may not provide alternative coverage. Ask your doctor who will cover for emergency problems.

## **Physician Fees**

To avoid a misunderstanding, fees should be discussed at the initial consultation. If the provider is reluctant to discuss fees, you might seek care elsewhere. Although the German Health Office regulates charges, in the case of private pay patients, physicians have flexibility concerning fees.

The Health Unit has on file an extensive list of specialist to meet the health care needs of the Consulate community. If you are in need of specialist care, please contact that Health Unit to schedule an appointment with one of our providers to assist you with selecting a specialist for your particular problem. All persons with a class 2 (post-specific) medical clearance should discuss their health care needs with the Health Unit early in their assignment so that we can arrange for both the follow up care required, as well as assist you with choosing the specialist for your condition that would best meet your or your family members' needs.

Below is a list of general practitioners, internist, pediatricians, and gynecologist with whom you may choose to seek care. All families with children should identify a pediatrician of record.

All women who become pregnant at post should contact the Health Unit so that we can assist you with the issues around either your delivery at post or your evacuation back to the USA for this care.



## **General Practitioners (Allgemeinarzt)**

<b>Dr. med. Andreas Neeb</b> (GP and Sports medicine) Beethovenstrasse 4 069-74 22 48 48	<b>Dr. Eva Maria and Dr. Manfred Boltz</b> Anzengruber Str. 18 60320 Frankfurt Phone: 069-564400
	<b><u>Koenigstein Area:</u></b> <b>Dr. med. Grabe</b> Kirchstrasse 9 06174-3716



## **Internal Medicine (Internist)**

<b>Prof. Dr. med. Dignass</b> (St. Markus Hospital) Wilhelm-Epstein-Str. #2 069-9533-2292	<b>Prof. Dr. med. Klaus Haag</b> (Director Internal Medicine Clinic Hoechst) Gotenstr. #6-8 069-3106-2813
<b>Prof. Dr. med. Moritz</b> University Hospital (Uniklinik) (Cardiac intensive care) Theodor-Stern-Kai 7 069-6301-5850	<b>Dr. med. Peter Kroneberger</b> Internal Specialist Ulmenstr. 43 (near Consulate) Phone: 069-72 22 22
<b>Prof. Dr. med. Hartmann</b> St. Marien Hospital Richard-Wagner-Str. 14 Phone: 069 – 1563-287	<b>Gastroenterologische Praxis Bethanien</b> Im Pruefling 23, Frankfurt Phone: 069-4600-060 Building E, 1st floor

## Gynecology/Obstetrics (Frauenarzt)

<b>Prof. Dr. med. Gauwerky &amp; Wernicke</b> <i>St. Markus Krankenhaus</i> Wilhelm-Epstein-Str. #2 069-9533-2228	<b>Dr. Michael Bielicki</b> Am Salzhaus #4 60311 Frankfurt 069-297-9987
<b>Dr. med. Viola Fabian</b> Dr. med. Marcel Marquardt Im Pruefling 17-19 Phone: 069-46 10 10 www.diefrauenarztpraxis.com	<b>Dr. Alistair McLean</b> Saalburgalle 30 Frankfurt 069-430-8836 www.frankfurterfrauenaerzte.de
<b>Dr. Klaus Engel</b> <i>Director Frauen Klinik</i> <i>St. Marien-Krankenhaus</i> Richard-Wagner-Str. #14 069-1563-240	<b>Dr. med. Gerd Plesse-Janson</b> Am Rossmarkt #21 Frankfurt 069-296715
<b>Prof. Dr. med. Moebius</b> <i>Hochst Hospital</i> Goten str 6-8 65929 Frankfurt 069-3106-2355	<b>Dr. Czygan</b> <i>Hoechst-Hospital</i> <i>(neonatal intensive care available)</i> Gotenstr. 6-8 069-3106-2355
<b>Prof. Dr. med. Kaufmann</b> <i>Uniklinik-Frauen-Klinik</i> <i>(neonatal intensive care)</i> Theodor-Stern-Kai #7 069-6301-5115	<b>Dr. med Ljuba Andrejevic-Kubatlija</b> Schillerstrasse 2 069-9 13 30 60

## Fertility Specialist (Fertilität)

<b>Prof. Dr. med. Siebzehnruebl</b> Center for Reproductive Medicine Fertility Treatment Hanauer Landstr. 328-330 60314 Frankfurt Phone: 069-426077-0 www.ivf-ffm.de	<b>Prof. Dr. med. Merz</b> Fertility specialist Krankenhaus Northwest Steinbacher Hohl 2-26 60488 Frankfurt Phone: 069-7601-3611 Building 2, 1 <sup>st</sup> floor – right side
<b>Dr. med. Lieb</b> <i>(fertility specialist)</i> <i>Hospital Zum Heiligen Geist</i> Holy Ghost Hospital 069-2196-2242	<b>Dr. med. Ulrike Beudt</b> <i>(genetic counseling)</i> Cronstettenstrasse 15 60322 Frankfurt/Main 069-596-1142



## Pediatrics (Kinderarzt)

Note: these physicians have a private practice and cannot take care of your children in the hospital; they will refer to a hospital physician.



<b>Dr. med. Peter Ferjencik</b> Wilhelm Str. #2 Hofheim 06192-1291 or after hours 0171-465604	<b>Dr. med. Feuerstein-Raue</b> <b>Dr. med. Leutbecher, Dr. med. Goll</b> Am Dachsberg 198 60435 Frankfurt 069-549955
<b>Dr. med. Berger</b> <b>Dr. med. Schneider</b> Holzhausenstr. #17 Frankfurt 069-5970263	<b>Dr. med. Schmidt-Glenewinkel</b> Im Trutz #47 Frankfurt 069-71033013 <i>(specialty in the chronically ill child)</i>
<b>Dr. med. Anthony Ruhl</b> Ginnheimer Str. #45 069-774031 <i>(will make house calls)</i>	<b>Dr. med. Lichtenstein</b> <i>Pediatric Endocrinologist</i> Stadtpfad 1 65760 Eschborn <b>Phone: 06196-43693</b>
<b>Dr. med. Goepel &amp; Krause</b> <i>This doctor is in Koenigstein area</i> Frankfurter St.#24 Koenigstein <b>Phone – 06174-21711</b>	<b>Dr. med. Herwig</b> <i>(Pediatric Endocrinologist)</i> Uni-Klinik <b>069-6301-6462/5249/5052</b>

## Dentists

Dentist and dental fees are generally higher than what you would pay in the U.S. You should always request a statement of fees before agreeing to dental treatment. The dentists on the following list hold specialty licenses in dentistry and they charge as specialists.

<b>Dr. David Church</b> <i>(Native English speaker)</i> Ginnheimer Landstr. #125 069-533005	<b>Dr. Katherine Smith</b> <i>(Native English speaker)</i> Grosse Bockenheimer Str. #37-39 <i>(Downtown in the Fressgasse area)</i> 069-280770
<b>Dr. John McCaffrey</b> Hessenring 109 61348 Bad Homburg 06172-917798	<b>Dr. med. dent. Robert Meyer</b> Hauptstr. 64a 65719 Hofheim Phone: 06192-1410
<b>Dr. Christian Glossner</b> <i>(studied in the U.S.)</i> Ulmenstr. #6 069-721629	<b>Dr. Andreas Kullmann</b> <i>(University of Minnesota)</i> Schillerstr. #5 <i>(by Kaufhof downtown)</i> 069-1310152

## **Pediatric Dentist**

<b>Dr. med. dent. Jeanne Topf</b> <b>Dr. med. dent. Peyman Arab</b> Adalbertstr. 14 60486 Frankfurt 069-70 72 05 56 <a href="http://www.kinderzahnarzt-frankfurt.de">www.kinderzahnarzt-frankfurt.de</a>	<b>Dr. Catharina Steuer</b> Pediatric Dentist Niedenau 25 60325 Frankfurt Phone: 069-70768660 <a href="http://www.milchzaehne.com">www.milchzaehne.com</a>
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## **Oral Surgeons and Periodontists**

<b>Dr. J. Gill and Dr. Brigitte Grewel</b> <i>(endodontics, oral surgery, uses Uniklinik for referral, periodontist, orthodontist)</i> Mergenthaler Allee #79-81 Eschborn (15 minutes west on A66) 06196-483230 or 484002	<b>Dr. Feist</b> <i>(Oral Surgeon)</i> Adalbertstr 5 Frankfurt 069-703-232
<b>Dr. Proetsch</b> <i>(Native Canadian speaker)</i> Mainzer Str. #13 Hochheim (25 minutes west/ A66) 06146-2081	<b>Dr. Ralph Brahm</b> <i>(oral surgeon)</i> Wiesbadener Str. 4 61462 Königstein 061-741-087

## **Orthodontists**

<b>Dr. Douglas E. Toll</b> <i>(American, Northwestern Univ. Chicago)</i> Kronberger Str. #10 Bad Soden (15 minutes west on A66) 061-962-4007 <a href="mailto:TollOrtho@t-online.de">TollOrtho@t-online.de</a> , <a href="mailto:TollOrtho@aol.com">TollOrtho@aol.com</a> <a href="http://www.orthodont-toll.de">http://www.orthodont-toll.de</a>	<b>Dr. Stefan Kollmannsperger</b> Orthodontist Siesmayer Str. 44 <i>(right across from consulate)</i> 069-17 21 10 <a href="http://www.kfo-frankfurt.de">http://www.kfo-frankfurt.de</a>
<b>Dr. Thomas Banach</b> Georg-Pingler-Str. 11a 61462 Königstein Phone: 06174-93 18 77 <a href="mailto:Dr.Banach@KFO-koenigstein.de">Dr.Banach@KFO-koenigstein.de</a>	





## **Prescriptions**

### German Prescriptions

Prescriptions written by German physicians not licensed in the U.S. cannot be filled in U.S. pharmacies or by mail order pharmacy services. A map locating nearby “Apotheke” is available in the Health Unit.



<b>Dornbusch Apotheke</b> <i>English speaking pharmacist</i> <i>they also deliver to your home</i> Eschersheimer Landstrasse # 240 Frankfurt Phone-069 5601433	<b>Wolf Apotheke</b> <i>(they also do simple blood testing like</i> <i>cholesterol and glucose)</i> Eschersheimer Landstrasse #87 Phone-069 550188
<b>Friesen Apotheke</b> <i>English speaking pharmacist</i> <i>they also deliver to your home</i> Eschersheimer Landstrasse #319 phone-069 563681	<b>Flughafen Apotheke</b> <i>Located at the German airport in terminal 1</i> <i>English speaking</i> Phone-069 6920171
<b>Apotheke am Palmgarten</b> <i>(close to the former consulate building)</i> Bockenheimer Landstr. 72 Phone-069 727613	<b>Apotheke Eschenheimer Turm</b> <i>International pharmacy</i> Hochstr. 2 Phone: 069-28 11 71 <a href="mailto:Apotheke@klinikpharm.com">Apotheke@klinikpharm.com</a>

### **Pharmacy Emergency** (“Apotheke”) - **011500**

Pharmacy on call. Ask for an open Pharmacy that is close to your home. Use this number for after hours, weekends, and holidays.



A red “A” designates an “Apotheke” drugstore. Apotheke are closed evenings, Saturday afternoons, Sunday’s and Holidays. There is designated emergency Apotheke open after hours. If you receive a prescription after hours, ask your physician for the pharmacy that is open after hours or call # 069-011500 to locate the nearest open drugstore. The Airport Apotheke is open from 7am-9pm every day of the week. They speak English. Additionally, the Main Train Station (Hauptbahnhof) Pharmacy is open daily including Sundays.

The closest Apotheke to our Siedlung is on Eschersheimer Landstr. #240. It is on the corner of Dornbusch on the same side of the street as the “Pizza Hut.” The pharmacy closest to the Consulate is the Marbach Apotheke, Marbachweg 93A, Frankfurt 60435. Their phone number is (069) 549106.

Apotheke are also safe places to teach your children to go for help. The red “A” is easily recognizable and usually there will be someone who speaks English. Some pharmacists offer free monthly preventative health posters to children - just ask.

You will be surprised to be handed medication in its original package. It will not include your name or directions on how to take the medication. Pharmaceuticals are sold by the package. Pills are not counted. It is very important to have your physician write down the dose and dosing intervals. Be sure to ask the pharmacist if you have any questions, particularly if the medication must be mixed with water prior to use. Many German prescriptions are for natural holistic products such as you might purchase in a health food store.



## Getting Your Prescriptions filed Overseas

Our Health Unit is staffed with a Family Health Nurse Practitioner who can write your prescriptions. The Health Unit will soon be staffed with a Regional Medical Officer who will also be available to follow your care and prescribe your medications.

Depending on who your insurance provider is we will fax it to the mail order service that is utilized by your insurance carrier. Follow up instructions are enclosed are on the next page.

For antibiotics or medications that are taken for a short period of time it is best to have it filled at local pharmacy. Our clinicians will write your prescriptions that are honored

by the local pharmacies. Your mail order prescription carrier should fill medications that are taken on a regular basis.

#### FAXED - MAIL ORDER PRESCRIPTION FOLLOWUP

If you have moved to a new address since your last prescription or if you have any changes to your personal information, please go to the website that is used by your insurance carrier:

Blue Cross Blue Shield, GEHA, FSBP: [www.medcohealth.com](http://www.medcohealth.com)

Mailhandlers: : [www.caremark.com](http://www.caremark.com)

Please make sure you have done an address change or you run the risk of having the new address missed on your prescription and having it sent to your old address.

We **strongly** recommend that you contact your mail order prescription pharmacy after the Health Unit faxes your prescription to verify that it is being processed. Please wait **4** business days for a 90day prescription and **7** business days for a one-year prescription.


Both mail order pharmacies have a tracking mechanism for prescriptions on their websites for registered users. If there are problems with your prescription you can contact your provider at the web sites listed above or you can call the following member services:

1. GEHA, FSBP, APWU - Call Member Services at 1-800-282-2881 or 602-431-5480 and follow the instructions.
2. BCBS members Call Member Services at 1-866-247-7640 or 602-431-5470. MHBP members call: 1-800-378-5697.
3. In addition, while you are at the website, you can go to the [Drug Information section](#) and print out a copy of the patient information on your medication.
4. If there is no record of your prescription having been received, please notify the medical unit so we can assist you in obtaining your medication.

#### Pharmacy Information for the DC Area

If your insurance plan does not have a mail-order pharmacy benefit, you can order medications through these pharmacies in the DC area (below).

**Pharmacies in DC willing to ship overseas by pouch or APO:**

<p style="text-align: center;"><b>CVS</b></p> <p><b>21st and E St. 2125 E St. NW Wash DC 20037 Phone 202-338-6337/337-4388 Fax 202-625-6621</b> (Will not accept new Rx by fax – only refill requests may be faxed) Mailing Fee 6.00 pouch 7.00 for APO If another CVS is used it will be shipped to this one; this delays the delivery of the Rx by 3 weeks or so. Will FED-EX and DHL, also will forward OTCs <u>and other items (blistex, etc).</u></p>	<p style="text-align: center;"><b>Morton's Pharmacy</b></p> <p><b>724 E. Capital St NE Wash DC 20003 Phone 202-543-1616 Fax 202-547-5297</b> (Will accept new Rx by fax, but no schedule 2 narcotics by fax) No charge for mailing via pouch Will FED-EX or DHL, also will forward OTCs <u>and other items (blistex, etc).</u></p>
<p style="text-align: center;"><b>Morgan's Pharmacy</b></p> <p><b>3001 P St. NW Washington, DC 20007 Phone 202-337-4100 Fax: 202-337-4102</b> (Will accept new Rx by fax but no schedule 2 narcotics by fax) Mailing fee 3.00 plus postage cost Will FED-EX or DHL, also will forward OTCs <u>and other items (blistex, etc).</u></p>	<p style="text-align: center;"><b>New Hampshire Care Pharmacy and Medical Equipment</b></p> <p><b>5001 New Hampshire Ave., NW Wash DC 20011 Phone 202-726-3100 Fax 202-291-5259</b> (Will accept new Rx by fax, but no schedule 2 narcotics by fax) Will FED EX or DHL <b>ABLE TO ACCEPT A FAXED SCHEDULE 2 NARCOTIC – AS LONG AS WRITTEN Rx.</b> <b>FOLLOWS BY MAIL:</b></p>
<p style="text-align: center;"><b>Medical Pharmacy</b></p> <p><b>5530 Wisconsin Ave., #100 Chevy Chase, MD. 20815 Ph-301-657-3388 FAX- 301-657-4543</b> Email: artx100@earthlink.net Attn: Mr. Art Weinstein</p>	

**FOR ALL PRESCRIPTIONS AND ALL PHARMACIES:**

Patients must give MasterCard or Visa with expiration date for payment of all prescriptions.

If a prescription is FED-EXed or DHLed out the patient is charged the fee on his/her charge card.

A few other factors to keep in mind with FED-EX and DHL are:

1. It is expensive; at least 50 USD plus.
2. It frequently takes 5-7 days even if it is an overnight shipment request.
3. The host country Customs may slow down or stop the prescription delivery and require documentation from the health unit or other requirements



## **FOR PATIENTS UNDER TRICARE:**

The TRICARE Mail Order Pharmacy (TMOP) program is the prescription mail order pharmacy benefit for Department of Defense (DOD) Military Health System beneficiaries.

Express Scripts Inc., is the TMOP benefit manager. To be eligible for the pharmacy benefit, the sponsor and family member must both be enrolled and eligible in the Defense Enrollment Eligibility Reporting System (DEERS). Members of the National Guard and Reserve and their family members are also eligible for TMOP if the sponsor is on federal (Title 10 or Title 32) active duty orders for more than 30 days and their DEERS information is up-to-date. TRICARE eligibility for sponsors and family members is effective on the date of activation on the sponsors' orders.

Under TRICARE, beneficiaries have three options for filling their prescriptions. They can use a military treatment facility, a TRICARE retail network pharmacy, or TMOP. Prescription medications filled under TMOP cost \$3 for a 90-day supply for generic medications, and \$9 for a 90-day supply for most brand-name medications. Prescriptions filled using a retail network pharmacy cost \$3 for a 30-day generic supply and \$9 for a 30-day supply for most brand-name medications. Beneficiaries who have long-term medication needs would be best served using the mail order program. It provides up to a 90-day supply of most medications for a single co-payment, whereas they only receive a 30-day supply for a single co-payment in the retail network pharmacy system.

**Before a prescription can be filled, each beneficiary must complete a one-time Express Scripts Registration Form and return it to Express Scripts for processing.** The registration form is available online at <http://www.express-scripts.com> or may be picked up at any military treatment facility or regional TRICARE Service Center.

**NOTE: TRICARE Service Center directory is available online at <http://www.tricare.osd.mil/tricare-servicecenters/default.cfm>**

Beneficiaries may check the status of their new or refill prescription orders anytime at <http://www.express-scripts.com> or by calling toll free, (866)DOD-TMOP (866) 363-8667). Any questions regarding DEERS information you can contact: your local military identification (ID) card issuing facility or on the DEERS Web Site at: <http://www.dmdc.osd.mil/rsl/> to verify DEERS eligibility. Sponsors may also verify DEERS eligibility by calling DEERS toll free at (800)-538-9552.

**NOTE: More TMOP and TRICARE pharmacy related information is available at <http://www.tricare.osd.mil/pharmacy/tmop.cfm>**

## **Mammograms**

Mammograms can be ordered through our office or your local physician. When they are ordered through our office, your results will be faxed to our office automatically. If a local provider requests them they will need to direct where the results are delivered. Regardless of where you get your mammogram your bill should be delivered to your home address.



## **Obstetric and Prenatal Care (Geburtshilfe)**

The State Department Medical program offers Medical evacuation for pregnant woman to for delivery in CONUS. Many elect to deliver in Germany.

Some of the physicians in the HU list have a private practice as well as a hospital practice. Most private physicians who do not practice within the hospital do not deliver your baby. The doctors that work within the hospital do deliver your baby. Please refer to the list! Be aware that the doctor that follows you throughout your pregnancy may not be the doctor who delivers your baby – ASK.

Choose your OB/GYN not only by the physician's qualifications but also by the hospital they use. Will you need special care during labor and delivery, or require a Cesarean Section (Kaiserschnitt)? What type of medical and emergency services does the hospital offer?

St. Markus Hospital has a tour of the OB ward on the 2nd Thursday of the month at 8:00pm. Hoechst Hospital offers tours on the 1st and 2<sup>nd</sup> Wednesday at 7:00pm.

If you choose a hospital that does not have neonatal unit, then develop an emergency contingency plan. Note: St. Markus does not have a Neo-Natal ICU. Hoechst Hospital does have a Neo-Natal ICU. This is one hospital you could use, if your labor started earlier than 36 weeks. They have neonatal intensive care and an excellent reputation. Some of the doctors on our list use Hoechst as their primary hospital to deliver in.

A German physician will use ultrasound diagnostics frequently. The standard of care utilizes the Obstetrical Protocol Booklet (Mutterpass). Some of these recommendations differ from U.S. protocols. If there is testing that you question or do not wish to have you will need to be quite assertive. The physician must justify any deviation from protocol. Prenatal care involves a history, blood testing for blood group,

Rh antibodies (Antikörper), Rubella (Roeteln-HAH), & Hepatitis B. The projected due date will be listed which can vary by 2 weeks from the actual date of delivery.

German Protocol calls for amniocentesis for any woman 35 years of age or older. Other genetic testing may be advised to predict neurological defects.

Prenatal vitamins may not be prescribed but are recommended. All pregnant women or women contemplating pregnancy should take a folic acid supplement.

Stop by the Health Unit with your ideas and questions. We have developed a packet for all expectant mothers to help you make an informed decision on where to deliver and what your options are.

### **Choosing a Pediatrician**

Choose a pediatrician and make an appointment to discuss immunization standards. What is the distance to the doctor's office? How far will I travel when I have a sick child? Is there parking? How close is the nearest drugstore if I need to get a prescription filled? Will the "Kinderarzt" make a house call? Will he support breast-feeding? Will he be available after hours? **We encourage you to find a local pediatrician but you can get all of your routine vaccinations for your new born and children here in the Health Unit free of charge.** If you choose to have your pediatrician vaccinate your child ask him/her to vaccinate your baby following the American schedule. BCG vaccine for Tuberculosis is given in Europe but it is

**not** recommended in by the US Department of State.

If your baby is delivered in Germany, you will need to complete a Medical Clearance and obtain an American passport. You will need 2 passport pictures, original birth certificates or passports of both parents, a marriage license, and other documents. The passport and birth registration will normally take 2-6 weeks to process. You will also need to apply for a Social Security Card. All this information is contained in the handout for expectant mothers.

### **General Practice Pediatrician**

These physicians have a private practice and cannot take care of your child in the hospital; they will refer to a hospital physician.

Please refer to the list of physicians in the Health Book

### **Newborn Registration**

To fill out the German birth registration, "Abstammungsurkunde" you will need your passport, your husband's passport, Marriage Certificate, and 25 EUR for administrative fees. The registration for birth will take 2-6 weeks to process.

Be sure to have the pediatrician at the hospital fill out the Physical Exam Form for Medical Clearance. You can pick up a copy from the Health Unit or download it from eForms on the DOS Intranet. You need to remind the nurse. At St. Markus the Pediatrician is Dr. Huber from St. Clementine Hospital. He visits every day and performs all exams for newborns. Make a copy of the exam for your records and give the original to

the Health Unit.

The HR Office requests that you register your new baby and notify your health insurance.

The passport paperwork should be filed after you receive the German birth registration.

A Social Security Number is next. A Social Security number is required for all Americans.

### **German Baby Exam Schedule**

In the German Hospital, you will receive a Pediatric Exam Protocol Booklet called the "*Kinderpass*". It will inform you of all necessary doctors visit and record the progress and development of your child. Well-baby exams (Vorsorgeuntersuchung, called U#1-9) are extensive and may cost more than you would expect. They are Well baby exams, (Untersuchung) noted by a U, correspond to the time of immunization. There are a total of 9 exams in the German system.

**U#1:** first exam in the hospital, (Apgar score, height, weight, head circumference, and other statistics.

*The PKU is completed on the third day.*

**U#2** 10 days old, reflexes, sucking, swallowing, hip joints, heart is completed by the tenth day (this is why the doctor wants you to stay in the hospital so long)

Make an appointment with your designated pediatrician based on the length of time you are in the hospital if you leave before the tenth day.

**U#3** at 4 weeks old, progress of nutrition, skeletal changes

**U#4** 90 days old, central nervous system, hip joints

**U#5** at 6-7 months old, reflexes, hip

joints, nutrition

**U#6** at 1 year of age, extensive exam, mental development, speech

**U#7** 21-24 months extensive exam, sight, hearing, balance, and strength

**U#8** at 4 and 6 years old, development of sight, hearing, speech

**U#9** to clear for public school

The German doctor will routinely give fluoride and vitamin D tablets, "D-Flouretten", to all mothers for their newborns. German milk is not fortified with vitamin D and with the lack of sunshine rickets can develop. If you are breast-feeding, your baby will receive Vitamin D from you. The American Pediatric Association advises that babies under six months of age do not need fluoride.

Circumcisions are not routinely offered in a German Hospital. Your son must be less than 28 days old. The best time for circumcision is between day 3 and day 8. You should discuss this issue with your obstetrician during the end of your pregnancy.

### **Children's Health**



We often can adapt with ease to new places and new cultures. We enjoy new languages and appreciate that there is more than one way to approach the process we call life. Then, a child becomes ill and our attitude changes, our adaptability is gone. Why did we



agree to be posted overseas? Please take the time to find a pediatrician before you need one. It is easier for your child if the doctor is familiar. Do not be forced to choose a pediatrician from necessity rather than from a preference for type of care.

### **Well Baby Exams**

American pediatricians schedule exams before each immunization. Please refer to the American immunization schedule for information. Always take the "Yellow Shot Card", Record of Immunization (Impfpass ), to pediatric appointments. Well baby exams and immunizations are available in the Health Unit. Please call for an appointment.

German Pediatricians use an Examination Protocol Booklet (Kinderpass) for well-baby exams. Bring it to all appointments. The exams cover growth and development as well as necessary medical tests and immunizations.

### **Hospital Pediatric Department Directors**

Hoechst Municipal Children's Hospital  
*Excellent reputation for care and surgery*  
Gotenstr. #6-8, Hoechst (15 minutes west on A66)  
Prof. Dr. med. Straub, Director  
*He has agreed to take private appointments*  
Phone#(069)3106-2806 or #(069) 3106-2375 –

Children's Department  
University Hospital Children's Clinic  
*(Large university medical school and research facility, open-heart surgery, all specialties, excellent care)*  
Theodor-Stern-Kai 7, Building #20  
Phone #(069)6301-5025

Kinder Policlinic Children's outpatient every weekday morning from 8-12. Long waiting times are not unusual. You will need to park in front of building #1 and walk to building #20. They are open for urgent care: Wednesday's 2pm-8pm; Friday's 6pm-10pm. Do not confuse with building #32, which is the Pediatric Emergency Room, Pediatric Trauma and Intensive Care. In an Emergency call 112 or take a taxi.

Clementine Children Hospital  
Theobald-Christ-Str. 16  
60316 Frankfurt  
(069) 94992-182  
[www.ckhf.de](http://www.ckhf.de)



### **2008 - American Immunization Schedule**

Birth	Hepatitis B#1
2 months	DtaP#1-IPV#1-HIB#1- HBV#2 – PCV#1 – Rotavirus#1
4 months	DtaP#2 - IPV#2 - HIB#2, PCV#2 – Rotavirus#2
6 months	Dtap#3–IPV#3-HIB#3 - HBV#3 – PCV#3, Rotavirus#3
12-15 months	HIB#4 –PCV#4 –Varicella#1 – MMR#1 – HAV#1
15-18 months	DtaP#4 – HAV#2 (6 months after #1)
4-6 years	IPV#4 – Varicella#2 – MMR#2 – DtaP#5
11-18 years	DTaP (Boostrix) – Meningitis (every 3 years) female only – HPV – series of 3 at 0.2 months and 6 months

American Physicians schedule well-baby exams at the same time as immunization appointment.

**It is suggested that you Do Not Give BCG (a type of tuberculosis vaccine) to your child. If you have questions about this, please contact the nurses or medical providers in the Health Unit (3225).**



### **Managing a Fever**

**Buy a thermometer! Know where it is kept and how to use it!**

Keep your child quietly occupied. Excitement, emotional stress or undue physical activity can further increase a temperature. Maintain normal room temperature.

Use light clothing and do not add extra covers, only enough so your child is not chilled. To give a sponge bath use lukewarm water and uncover a small portion of child's body

and allow the water to evaporate.

German physicians will not consider a temperature harmful until it reaches 39° Celsius (102.2 Fahrenheit), and may not prescribe medications such as Tylenol. In the hospital a fever is usually not treated. The German product for Tylenol is Paracetamol. You may buy Paracetamol without a prescription at your local "Apotheke" (drugstore). You can buy it in tablet form (Tabletten), liquid form (Saft), or suppository. Ask the pharmacist for the proper dosage.

While fever can be a cause for concern, it is rarely cause for alarm. The degree of temperature elevation in itself is not a reliable indication of the seriousness of an illness.



### **Oral Temperature Measurements**

<b>Celsius</b>	<b>Fahrenheit</b>	
<b>37°</b>	<b>98.6°</b>	normal temperature; can vary +or -1° fever is not the only symptom to watch, vomiting and diarrhea can dehydrate a child.
<b>37.5°</b>	<b>99.5°</b>	for a baby less than one month see a doctor
<b>38°</b>	<b>100.4°</b>	Tylenol every 4 hours, never aspirin for a child
<b>38.5°</b>	<b>101.3°</b>	for a baby less than three months, see a doctor. Offer fluids every half-hour, Jell-O, ice cream, juice, 7UP, sprite, ginger ale.
<b>39°</b>	<b>102.2°</b>	lukewarm sponge baths can help bring fever down, keep comfortable with light covers such as sheets.
<b>39.5°</b>	<b>103.1°</b>	for a child less than two, see a doctor
<b>40°</b>	<b>104°</b>	watch closely for dehydration
<b>40.5°</b>	<b>104.9°</b>	see a doctor, a child may have convulsions, (febrile seizures), stay calm, permanent damage is very rare.

Fever is a symptom of illness and rarely a problem in itself. Rectal temperatures will be higher, axillary (under the arm) will be lower.



## **Fluoride Supplementation Program**

The reduction of dental decay by administration of fluoride supplements to infants and children has been convincingly demonstrated by a large number of studies. Such practice is recommended in areas where the concentration of fluoride in the drinking water is sub-optimal. The Council of Dental Therapeutics of the American Dental Association recommends that the dose of fluoride be adjusted to both age and the amount of fluoride, which occurs naturally in the water. An overdose can cause dental fluorosis (permanent mottling of teeth), therefore, dosage is important.

Please consider sources of fluoride that your child might ingest:

Do you have fluoride mouthwash or toothpaste (one gram of adult fluoride toothpaste contains 1.65mg of fluoride)? Small children sometimes swallow instead of spitting out as we expect.

Do you buy salt from the German economy? Be careful, some salt not only has supplemental iodine (Jod) but also contains supplemental fluoride (Flur).

The fluoride supplement that the Health Unit dispenses is in liquid form or in tablets for older children. The liquid can be added to fruit juice or water. It is very safe when used as directed. **Please keep all medicine; this includes dietary supplements, out of the reach of children. Do not mix fluoride with milk.**

The dosage supplementation are outlined below:

<b>Age of child</b>	<b>Fluoride needed</b>
Birth to 6 months	No supplement needed
6 months to 3 years	0.25mg
3 to 6 years	0.50mg
6 to 16 years	1.00mg

*The schedule used to obtain fluoride supplementation figures are from the American Academy of Pediatrics Committee on Nutrition and are reprinted from the Department of State Medical Bulletin.*

### **Alcoholic Anonymous:**

There is an Alcoholic Anonymous, English-speaking, meeting every day in the Frankfurt area. The Health Unit has brochures that list German, English, and Spanish-speaking meetings available in Europe.

Meetings within walking distance of the community are held at Christ the King Episcopal Church, (just south of the community across Miquel Allee to the left of the pedestrian gangway). The chapel is in the church community building; the basement is in the education building.

Wednesday: AA (chapel) 7:00p.m.

Saturdays: ACOA Adult children of alcoholics (basement) 7:p.m. (a group that meets for support to those whose caregivers had a problem with alcohol or were dysfunctional) AA (chapel) 8:p.m.

### **Community Resources**

If you, as a member of our community, are in recovery and would be willing to offer 12-step assistance, please call the Health Unit to be included as a resource. If you would like the phone number of those who have successfully completed a treatment or recovery program and volunteered to help, please call the Health Unit. **Anonymity is respected.**

### **Family Advocacy Program**

Over the past decades there has been growing social interest in problems related to family violence and neglect. The U.S. Department of State has formalized methods and procedures to be used in cases of family/child abuse and neglect. The Family Advocacy Program (3FAM 683), is intended to provide guidance in the support of family welfare and in restoring those families to health. The essential feature of the Family Advocacy Program is to require action when there is a family in need. Issues concern child abuse/neglect, spouses abuse or abuse of other family members. Every member of the Foreign Service community is encouraged to be aware of the possibility of family violence or neglect.

### **Family Advocacy Officer**

Anyone having information that leads them to have concern is strongly encouraged to discuss in confidence their concerns with the Family Advocacy Officer. The Consulate General is the Family Advocacy Officer for our post. If the Family Advocacy Officer determines that services are needed, the family is informed, a Family Case File is started and a treatment plan is recommended. You may also call the Health Unit to discuss your concerns. All such contact is kept in strict confidentiality and will be thoroughly investigated.

## **Special Needs Education**

The ability of schools in Frankfurt to accommodate special needs is extremely limited. If your child has special needs, please contact the Health Unit office to determine whether these needs may be met at post. This may have been done prior to arriving at post. Some children may not have been diagnosed if they arrived at post prior to school age.

## **Special Needs Educational Allowance**

The educational allowance is post funded not MED funded. If your child needs to go back to the U.S. for educational/developmental delays evaluations it is not a medevac. It is covered under the special needs allowance. Children receiving the Special Needs Education Allowance will be given a Class 2 Clearance. Your child does not need an Individual Education Plan (IEP) to qualify for services. The services that are covered under the allowance are services a child would receive free of charge in an U.S. public school.

The allowance does **NOT** cover psychotherapy or counseling, **EXCEPT** for the initial diagnostic evaluation. The allowance does **NOT** cover computer hardware, **EXCEPT** when specifically required in the IEP, the following are allowable:

- A. Periodic diagnostic testing required by a school or medical authority
- B. Rental of specialized equipment not available at the school
- C. Summer school
- D. Individual tutoring if not available at the school
- E. Occasionally, software, tapes, or CD-directly related to course work and which have no broader application.

## **Steps in Determining Eligibility For Special Needs Program**

1. Child is identified as possibly needing special education and related services *This may be in the form of a request from a school professional, medical provider, and/or parents.*
2. Child is evaluated
3. Eligibility is decided
4. Child is found eligible for services
5. IEP meeting is scheduled
6. IEP meeting is held and the IEP is written

**Frankfurt International School:**

**Guidelines for Documenting Special Needs** *Complete documentation to support the need for educational and/or testing accommodations must:*

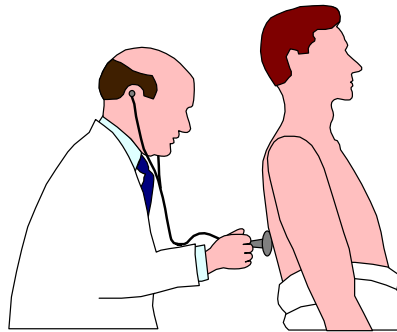
- Provide relevant educational, developmental and medical history;
- Describe the comprehensive testing and techniques used to arrive at the diagnosis, including evaluation date(s) and test results with sub-test scores from measures of **cognitive ability**, current **academic achievement** and **information processing**;
- Describe the functional limitations (if any) supported by the test results;
- State a specific disability, (if diagnosed);
- Describe the specific accommodations requested and (if appropriate) state why the disability qualifies the student for a modified educational program and /or accommodations on standardized tests; and
- Establish the professional credentials of the evaluator, including information about license or certification and area of specialization.

*Prepared by Carola Murray-Seegert for Frankfurt International School, based on guidelines for issued by The College Board Services for Students with Disabilities and by The International Baccalaureate Organization. September 2001.*

## **Medical Clearances**

***What is a medical clearance, what does it mean?*** Employees and eligible family members that are covered by the Department of State Medical Program are **required** to have a valid medical clearance before being posted to an overseas assignment. The individual's medical problems are matched with available medical resources in the host country. If medical facilities are inadequate at the proposed assignment, individuals would not be assigned.

***So, why do I need a medical clearance?*** Individuals with a valid medical clearance are eligible for access to the Health Unit, hospitalization, medical evacuation and other benefits. Individuals without a valid medical clearance are at post at their own risk and are not eligible for the services of the Health Unit. The Department of State acts as a secondary insurance carrier for individuals with a current medical clearance.



***How do I know if my agency is covered by the Department of State Medical Program?*** Most employees know if they are covered by the DS Medical Program. Employees and eligible family members will have already submitted a physical exam to Medical Clearances, in M/MED, before arriving to Frankfurt. If you are not sure, ask the Health Unit.

In-service physical examinations are required for all eligible employees and their dependents at the completion of each tour or every two years, ***whichever period is longer.***

For example:

### **Eligible for Medical Clearance Exam:**

Possible Assignment rotations:

- 2 years/home leave/2 years or
- 4 years / home

***Please note:*** individuals do not need a medical clearance to work / live in the US. Individuals departing Frankfurt for an assignment in CONUS do not need a medical clearance.



**Direct Transfer or Shortened Assignments:**

Individuals currently assigned overseas must obtain a new medical examination and clearance classification at the end of tour if the current medical clearance was issued more than 2 years prior to the end of tour. For example, shortened assignments due to direct transfer to a new post, home leave and return to post, or home leave and new post of assignment.

**Shortened Assignment**

Individuals on overseas assignment whose tour of duty is being shortened (less than 2 years at post) for reassignment to another overseas post, and who have a limited clearance (not class 1 - world wide availability), must submit Personal Health Certificate (DS-1635). The Medical Director must approve proposed post of assignment.

In-service medical clearance exams may be completed (a) **preferably in Frankfurt**, (b) **in M/MED, Washington, DC** or (c) **during your home leave**.

**A. Exams in Frankfurt:**

- 1. MED-Washington strongly encourages individuals to have their medical clearance exams at post.** Examinations are to be scheduled 60 to 90 days prior to anticipated departure from Post. If the examination report cannot be completed and forwarded to the Department at least 30 days before departure from post, the examination should be delayed until arrival in the United States. It is not necessary to have travel orders to schedule exams.
2. Medical clearance exams can be scheduled in the Health Unit with **advanced notice**. This will require a minimum of 2 separate appointments.
3. Appointments are made **after** fiscal data is received for expenses related to the exam.

**B. Exams In M/MED Washington:**

The Health Unit can request an appointment when the employee's consultation dates, in the Department, are available. Individuals may go on line and request appointments via MED's Intranet home page.

**C. Exams Done at Home Leave Address:**

Notify the Health Unit of your plans to have the medical exam at your home leave address (not at M/MED). The Health Unit can issue a DS-3069, **Authorization for Medical Examination**, and provide the needed forms for the exam.

**Medical Clearance Up-date Option:**

The Office of Medical Services will allow individuals to up-date their medical clearance. Individuals can identify items that need review and up-dating for example: mammograms, pap smears, cholesterol checks. This change in policy permits individuals the option to up-date and extend their in-service medical clearance status.

This clearance up-date is not an option for pre-employment or separation physical examinations. The medical clearance up-date is good for the length of tour of the *next* assignment.

***POINTS TO REMEMBER:***



*Start planning early for the medical clearance process.* Last minute appointments, in M//MED, are difficult to arrange for the months of June, July, and August. Have the exam done early during the home leave, allowing time for follow-up appointments and tests as needed. Travel and per diem are not authorized for medical examinations.



Examinations are to be scheduled 60 to 90 days *prior* to anticipated departure from Post. If the examination report cannot be completed and forwarded to the Department at least 30 days before departure from post, the examination should be delayed until arrival in the United States.



Failure to have a medical clearance prior to proceeding to a new post or returning to the same post, after home leave may result in forfeiture of medical benefits under the Medical Program of Department of State.



All participating agencies, under the provisions of the Department of State's Medical Program, fund their personnel's direct-hire medical expenses as outlined. Appropriate fiscal citations must be obtained from the respective agency post administrative personnel or the agency Washington headquarters.



Medical Clearance exams, completed in Washington, DC area, **must** be done in M//MED.



Note: MED Washington does not examine **children under 6 years old.**



**Mammograms** are required over the age of fifty. Mammograms are recommended and offered every two years for women over the age of forty years. If

you had a previous mammogram taken outside of the Department, bring the films with you for comparison by the radiologist.



**Fiberoptic flexible sigmoidoscopy:** Screening fiberoptic sigmoidoscopies are offered with every other clearance exam to those 50 years of age or over.

This test is required with every physical for those who have a first degree *relative* (*father, mother, brother, sister*) with a history of colorectal cancer or a personal history of colorectal polyps, cancer, pelvis or breast cancer or positive fecal occult blood.



Physical exams are to be completed by a single clinician. M/MED will not authorize payment of a medical specialist to complete a basic exam. For example, the medical clearance exam, including pelvic exam and Pap smear, can be completed by a single provider. It is not necessary to refer to a gynecologist for a routine Pap smear.



Newly acquired dependents, whether by birth, marriage, or adoption are required to have a medical examination (within 90 days of becoming a dependent) to be eligible for medical benefits. It is the responsibility of the employee to see that this requirement is fulfilled.



**Questions regarding the medical clearance process or application for medical clearance up-date should be directed to Marty Surface, FSHP at (069) 7535-3225, or email [surfacemd@state.gov](mailto:surfacemd@state.gov).**

## American Drugs and the German „Over the Counter Meds“ (OTC) equivalent

<p style="text-align: center;"><b><u>ANTI-HISTAMINE</u></b></p> <p>Generic: Cetirizin Brands: <b>Cetirizin Filmtabletten/ Saft/ Tropfen</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p>Adult and Child: Filmtabletten: 1 tablet daily (&gt;12 yrs or &gt; 30 kg) Saft: 10 ml daily Tropfen: 20 drops daily</p> <p>Children &lt; 30 kg : Filmtabletten: ½ tablet daily Saft: 5 ml daily Tropfen: 10 drops daily</p> <p><b>Use caution when performing activities that require mental alertness, until drug effects realized; may cause drowsiness and sedation.</b></p> <p>20 Filmtabletten (N1) 17 €</p>	<p style="text-align: center;"><b><u>ANTI-HISTAMINE</u></b></p> <p>Generic: Loratadin (comparable to Claritin) Brands: <b>Loratadin STADA 10 mg</b> <b>Loratidin-ratiopharm bei Allergien</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p>Adults and children &gt;12 yrs 1 tablet daily Children 6-12 yrs (&gt; 30kg) 1 tablet daily Children 6-12 yrs (&lt; 30 kg) ½ tablet daily 7 tablets (N1) 3 €</p>
<p style="text-align: center;"><b><u>ARTIFICIAL TEARS</u></b></p> <p>Use: relieve dry and irritated eyes caused by reduced tear flow. Generic: Hypromellose, <b>Polyvidon</b> Brand: <b>Lacrisic Augentropfen</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p>1 drop on affected eye 4-6x/day First, wash your hands. Then tilt the head back and pull the lower eyelid away from the eye to form a pouch. Drop the medicine into the pouch and gently close the eyes. Do not blink. Keep the eyes closed for 1 or 2 minutes to allow the medicine to be absorbed.</p> <p style="text-align: right;">10 ml 6 €</p>	<p style="text-align: center;"><b><u>ANTIFUNGAL</u></b></p> <p>Use: for athlete's foot Brands: <b>Lamisil Spray/ Creme/ DermGel</b> (Generic: <b>Terbinafin</b>) <b>Canesten Spray/ Creme</b> ( Generic: <b>Clotrimazol</b>) <b>Canesten Extra Spray/ Crème</b> (Generic: <b>Bifonazol</b>)</p> <p style="text-align: center;"><b>DOSAGE</b></p> <p>Spray or apply to affected area 1-3x/day May take 4 weeks to clear infection 20g(N1) Crème 6 € 30 ml(N1) Spray 7 €</p>
<p style="text-align: center;"><b><u>ANTIFUNGAL</u></b></p> <p>Use: Vulvovaginal candidiasis Generic: Clotrimazol Brands: <b>KadeFungin 3, Kombi-Packung</b> <b>Canesten GYN 3-Tage-Therapie</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>Suppository:</b> Insert 1 suppository at bedtime for 3 consecutive days <b>Crème:</b> apply sparingly into affected area 2-3x/day <b>Do not engage in intercourse; or, to prevent reinfection or pain, have partner wear condom. Avoid contact with eyes.</b></p> <p>20 g (N1) 7 €</p>	<p style="text-align: center;"><b><u>ANTIGUNGAL</u></b></p> <p>Use: for jock itch Generic: <b>Ketoconazol</b> Brand: <b>Nizoral Crème / Shampoo</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p>Apply to affected area 1-2x/ day May take 3-4 weeks for infection to clear. <b>If no signs of improvement after 2 weeks therapy seek medical advice.</b></p> <p>15 g (N1) 7 €</p>

<p style="text-align: center;"><b><u>ANTACID</u></b></p> <p>Use: Anti-acid including heartburn, sour stomach and acid indigestion</p> <p>Generic: Aluminiumhydroxid</p> <p>Brand: <b>Maaloxan 25mVal Liquid (230mg Aluminum Hydroxide and 240 mg Magnesium Hydroxide) in 10 ml packets</b></p> <p style="text-align: center;"><b><u>DOSAGE</u></b></p> <p>Take 1-2 packets 1-2 hours after meals and at bedtime (max. 4-6 packets/day).</p> <p><b>Other medications should be taken 2 hours before or after Maaloxan.</b></p> <p><b>Not for children &lt; 12 years.</b></p> <p>10 packets of 10 ml 7 €</p>	<p style="text-align: center;"><b><u>ANTACID</u></b></p> <p>Use: Anti-acid including heartburn and sour stomach</p> <p>Generic: Calcium Carbonate</p> <p>Brand: <b>Rennie Kautabletten (680mg Calcium Carbonate and 80mg Magnesium Carbonate)</b></p> <p style="text-align: center;"><b><u>DOSAGE</u></b></p> <p>Take 1-2 Chewable tablets up to 3x/day as necessary</p> <p>24 chew tablets 5 €</p>																					
<p style="text-align: center;"><b><u>ASPIRIN</u></b></p> <p>Generic: Acetylsalicylsäure</p> <p>Brands: <b>Aspirin ASS 500 Hexal bei Fieber und Schmerzen ASS-ratiopharm 300/ -500 ASS ratiopharm 300mg</b></p> <p style="text-align: center;"><b><u>DOSAGE</u></b></p> <table><tr><td>Child 7-9yr</td><td>1 tab every 4 hrs</td></tr><tr><td>Child 9-12yr</td><td>1-1 ½ tab every 4 hrs</td></tr><tr><td>Child&gt;12yr</td><td>2-3 tab every 4 hrs</td></tr></table> <p>Do not use in children or teenagers with chickenpox or flu symptoms due to the possibility of Reye's syndrome, a rare but serious illness</p> <p>100 tabs of 300/500mg 6 €</p>	Child 7-9yr	1 tab every 4 hrs	Child 9-12yr	1-1 ½ tab every 4 hrs	Child>12yr	2-3 tab every 4 hrs	<p style="text-align: center;"><b><u>ANTIDIARRHEAL</u></b></p> <p>Generic: Loperamid-Hcl 2 mg</p> <p>Brand: <b>Lopedium akut bei akutem Durchfall</b></p> <p style="text-align: center;"><b><u>DOSAGE</u></b></p> <p><b>Adults::</b> 4 mg after first loose stool followed by 2 mg after each subsequent stool ( max 12mg/day)</p> <p><b>Child &gt; 12 years:</b> 2 mg after the first loose stool followed by 2mg after each subsequent bowel movements (max. 8mg/day)</p> <p><b>Do not use OTC more than 2 days. Seek medical consult if Symptoms persist.</b></p> <p>10 tablets (N1) 3 €</p>															
Child 7-9yr	1 tab every 4 hrs																					
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<p style="text-align: center;"><b><u>CHILDREN'S IBUPROFEN</u></b></p> <p>Ibuprofen 100 mg/5ml</p> <p>Brand: <b>NUROFEN Junior Fiebersaft</b></p> <p style="text-align: center;"><b><u>DOSAGE</u></b></p> <table><tr><td>Age</td><td>Weight</td><td>Dose</td></tr><tr><td>6-8 months</td><td>5-6 kg</td><td>2.5 ml 3x/day (total 150mg/day)</td></tr><tr><td>9-12 months</td><td>7-9 kg</td><td>2.5ml/4x/day (total 250mg/day)</td></tr><tr><td>1-3 years</td><td>10-15kg</td><td>5ml 3x/day (total of 300mg/day)</td></tr><tr><td>4-6 years</td><td>16-20kg</td><td>7.5ml 3x/day (total 450mg/day)</td></tr><tr><td>7-9 years</td><td>21-29 kg</td><td>10ml 3x/day (total 600mg/day)</td></tr><tr><td>10-12 years</td><td>30-40 kg</td><td>15ml 3x/day (total 900 mg/day)</td></tr></table> <p><b>Do not use OTC ibuprofen more than 3 days for fever or more than 10 days for pain, unless medically prescribed.</b></p> <p>100ml(N1)Junior Syrup 4 €</p>	Age	Weight	Dose	6-8 months	5-6 kg	2.5 ml 3x/day (total 150mg/day)	9-12 months	7-9 kg	2.5ml/4x/day (total 250mg/day)	1-3 years	10-15kg	5ml 3x/day (total of 300mg/day)	4-6 years	16-20kg	7.5ml 3x/day (total 450mg/day)	7-9 years	21-29 kg	10ml 3x/day (total 600mg/day)	10-12 years	30-40 kg	15ml 3x/day (total 900 mg/day)	<p style="text-align: center;"><b><u>CHILDREN'S TYLENOL (Suppositories)</u></b></p> <p>Generic: Paracetamol</p> <p>Brand: <b>ben-u-ron Suppositorien 75mg/ - 125mg/ -250mg</b></p> <p><b>Paracetamol 125 mg Supp./ 250 Supp./500</b></p> <p style="text-align: center;"><b><u>DOSAGE</u></b></p> <p><b>Suppositorien 125mg:</b></p> <p>Infants 7-12 mos: 1 supp every 4 hrs (not to exceed 4 supps/day) Infants &lt;6 mos 1 supp every 4 hrs (not to exceed 3supps/day)</p> <p><b>Suppositorien 250mg:</b></p> <p>Children 4-5 yrs 1 supp every 4 hrs (not to exceed 4 supps/day) Children 1-3 yrs 1 supp every 4 hrs (not to exceed 3 supps/day)</p> <p><b>Do not give more than 5 days for pain or more than 3 days for fever in children without consulting provider.</b></p> <p>10 Supps (N1) 2 €</p>
Age	Weight	Dose																				
6-8 months	5-6 kg	2.5 ml 3x/day (total 150mg/day)																				
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<p style="text-align: center;"><b><u>CHILDREN'S TYLENOL (Syrup)</u></b></p> <p>Generic: Paracetamol Brand: <b>Ben-u-ron Saft (200mg/5ml)</b> <b>Paracetamol Saft – gegen Fieber</b> <b>DOSAGE</b> <b>Saft 200 mg/5ml * comes with measuring spoon for dosing</b>            Infants 3-6mos    ½ measuring spoon every 4 hrs            Infants ½-1 yr    ½ -1 measuring spoon every 4 hrs            Children 3-6 yr    1-1/2 measuring spoon every 4 hrs            Children 6-9 yr    2 measuring spoon every 4 hrs  <b>Do not give more than 5 days for pain or more than 3 days for fever in children without consulting provider.</b>            100ml (N1) 3 €</p>	<p style="text-align: center;"><b><u>COUGH MEDICINE</u></b></p> <p>Uses: for symptomatic relief of non-productive cough due to colds or inhaled irritants. Generic: Dextromethorphan Brands: Syrup: <b>Wick Formel 44 Husten-Stiller Sirup</b> Lozenges: <b>Silomat DMP</b> <b>Wick Formel 44 plus Husten-Pastillen S</b> <b>DOSAGE</b> <b>Wick Husten-Stiller Sirup</b> (Dextromethorphan-Hbr 20mg/15ml) Adult: 15 ml 3x/day <b>Silomat DMP:</b> Adult and Child &gt; 12 yrs: 1-3 loz every 4-6 hrs Children &gt; 6 yrs    1 loz every 4-6 hrs <b>Seek medical consultation if symptoms persists for more than 1 week</b> 120ml (N1) 8 €</p>
<p style="text-align: center;"><b><u>COUGH MEDICINE</u></b></p> <p>Use: to loosen phlegm and thin bronchial secretions Generic: Guaifenesin Brand: <b>Wick Formel 44 Husten-Löser Sirup</b>  <b>DOSAGE</b> <b>Wick Formel 44 Husten-Löser</b> (Guaifenesin 200mg/15 ml): Adult and Child &gt; 14 yrs: 15 ml every 4 hours (max. 6 doses/day) <b>Persistent cough may indicate serious infection, thus, the provider should be consulted if cough lasts for more than 5 days.</b></p>	<p style="text-align: center;"><b><u>EAR WAX REMOVER</u></b></p> <p>Generic: Docusat-Natrium Brand: <b>Otowaxol Lösung</b>  <b>DOSAGE</b> Instill 10 drops in affected ear and cover with cotton ball for 5-10 mins. Flush with lukewarm water using the enclosed bulb syringe. 10ml Otowaxol + bulb syringe 10 €</p>
<p style="text-align: center;"><b><u>GAS PAIN</u></b></p> <p>Use: gas pains in babies and children Generic: <b>Simeticon</b> Brand: <b>Sab simplex Suspension (92.5mg Simeticon/1ml)</b> <b>DOSAGE</b> Infants 15 drops in milk bottle every 4-6 hrs Toddlers 15 drops with or after meals every 4-6 h School Child    20-30 drops after meals every 4-6 h <b>give a dose at bedtime as needed</b> 30 ml(N1) 8 €</p>	<p style="text-align: center;"><b><u>GAS PAIN</u></b></p> <p>Generic: Simeticon <b>DOSAGE</b> <b>Lefax extra kautabletten (Simeticon 105mg)</b> Adult and Child &gt;14 yrs: 1-2 chew tabs 3-8x/day 20 kautabletten €6 <b>Lefax Kautabletten (Simeticon 42 mg)</b> Child 6-14 yrs: 1-2 chew tabs 3-4x/day <b>Chew thoroughly!</b> Take with or after meal and at bedtime If needed. 20 chew tabs (N1) 4 €</p>

<p style="text-align: center;"><b><u>HEAD LICE</u></b></p> <p>Generic: dimeticon with triglyceride Brand: <b>Nydal L (pump spray)</b> <b>Instructions on Use</b> Thoroughly spray on dry hair. Massage in very well including the scalp and behind the ears. Leave-in for 45 mins. After 45 mins use nit comb to remove dead lice. <b>DO NOT RINSE.</b> Leave on hair for another 8-18 hrs (overnight) to kill nits. After 18 hrs, wash hair with regular shampoo. Repeat treatment after 8-10 days. <b>Do not use in children &lt; 2 years.</b> 50 ml bottle 13 €</p>	<p style="text-align: center;"><b><u>HEAD LICE</u></b></p> <p>Generic: Permethrin (comparable to <b>Nix</b>) Brand: <b>Infectopedicul</b> <b>DOSAGE</b> <b>Infectopedicul (430mg Permethrin/ 100 ml)</b> Wash hair and towel-dry before treatment. Apply on hair and massage evenly. Leave on uncovered hair for 30-45 min. Rinse with warm water. Do not wash hair for the next 3 days. If needed repeat treatment 8-10 days afterwards. <b>Do not use on infants younger than 2 months.</b> 50 ml (N1) 12 €</p>
<p style="text-align: center;"><b><u>HYDROCORTISONE</u></b></p> <p>Uses: Dermatitis and Eczema Generic: Hydrocortison Brands: <b>Ebenol Crème</b> (hydrocortisone 0.25mg/100 g) <b>Fenistil Hydrocort Crème</b> (Hydrocortison 2.5mg/1g) <b>Hydrocortisone HEXAL 0.25%</b> <b>Systral Hydrocort Lotion</b> (Hydrocortison 2.5mg/1 gm) <b>DOSAGE</b> <b>Adult and Child &gt;6 yrs.:</b> Apply 1-2x/day initially. Once signs of improvement noted, reduce to 1x/day. <b>Do not use longer than 4 weeks. Child &gt; 6 yrs:</b> Apply only once/day. <b>Do not use longer than 3 weeks.</b> 20 gm (N1) 5 €</p>	<p style="text-align: center;"><b><u>HYDROGEN PEROXIDE</u></b></p> <p>Use: wound disinfection Brand: <b>Wassserstoffperoxid- Lösung 3%</b> <b>Use with caution. May irritate wound.</b>  100ml bottle 1.50 €</p>
<p style="text-align: center;"><b><u>THROAT LOZENGES</u></b></p> <p>Brand: Lemocin (with Lidocain) Brand: DoloDobendan (with Benzocain) <b>DOSAGE</b> <b>Lemocin</b> 1 lozenge every 1-3 hrs. Do not exceed 8 lozenges/day 20 Lozenges (N1) 5 € <b>Dolo-Dobendan</b> Adult and Child &gt; 12 yr 1 loz every 2 hrs. (max. 8 loz/day) Child 6-12 yrs 1 loz every 4 hrs. (max. 4 loz/day) 24 Lozenges (N2) 7 €</p>	<p style="text-align: center;"><b><u>TOPICAL ANESTHETICS</u></b></p> <p>Use: Canker sore Active Ingredient: Lidocaine Brand: <b>Kamistad-Gel N</b> <b>DOSAGE</b> Adult and Child &gt; 12 yrs: lightly massage about ½ cm gel on gum or mucus membrane  10 gm (N1) 6 €</p>

<p style="text-align: center;"><b><u>MOTION SICKNESS</u></b></p> <p>Generic: Dimenhydrinat Brand: <b>Superpep Reise Kaug. Dragees 20 mg</b> <b>Super pep Tabletten 50 mg</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>Superpep Reise Kaugumi-Dragees 20 mg</b> Adults and child &gt; 7yrs      1 chew tab 4x/day Children &lt; 7 yrs              1 chew tab 2x/day <b>Take at the first sign of nausea</b> 10 chew tabs 7€ <b>Superpep Tabletten 50 mg</b> Adult and Child &gt;12 yrs   1-2 tabs every 4 hrs (max. 6 tabs/day) Children 6-12 yrs ½ -1 tab every 6-8 hrs (max. 3 tabs/day) <b>Take 30 mins before travel</b>      10 tabs 50mg 6 €</p>	<p style="text-align: center;"><b><u>NAPROXEN</u></b></p> <p>Use: for menstrual cramps Generic: Naproxen Brand: <b>Aleve 250 mg Dolormin fuer Frauen bei Menstruationsbeschwerden mit Naproxen</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>Aleve:</b> 250 – 500 mg every 8-12 hrs not to exceed 1000mg/day <b>Dolormin fuer Frauen:</b> Women and Girls &gt; 12 yrs: Initial dose of 250 mg x 2 then 250mg 3x/day <b>Take Naproxen with food</b> Aleve 20 tabs (N2) 8 €</p>
<p style="text-align: center;"><b><u>NASAL DECONGESTANT</u></b></p> <p>Active Ingredient: Oxymetazolin (compare to Afrin)</p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>Nasivin sanft Dosiertropfer für Babys ( 0.01g)</b> Infant &lt; 4months: 1 drop in each nostril 2-3x/day &gt;4 months – 1 year: 1-2 drops in each nostril 2-3x/day <b>Nasivin sanft Dosierspray für Kleinkinder (0.025g)</b> Child 1-6 years: 1 spray in each nostril 2-3x/day <b>Nasivin sanft Dosierspray für Erwachsene und Schulkinder (0.05g)</b> Adult and Child &gt;6years: 1 spray in each nostril 2-3x/day <b>DO NOT USE LONGER THAN 5-7 DAYS</b>      5 €</p>	<p style="text-align: center;"><b><u>NAUSEA AND VOMITING</u></b></p> <p>Generic: Dimenhydrinat Brands: <b>Vomex A Kinder-Suppositorien 40 mg</b> <b>Vomex A Kinder-Suppositorien 70 mg forte</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>Vomex A Kinder-Suppositorien 40mg</b> Infants (6-15kg)              1 supp daily Children (15-25kg)          1 supp 2-3x/day <b>Vomex A Kinder Suppositorien 70 mg forte</b> Child 6-14 yrs 1 supps 2-3x/day 10 Supp (N1) 6 €</p>
<p style="text-align: center;"><b><u>NICOTINE REPLACEMENT</u></b></p> <p>Generic: Nicotin Polacrillin (<b>Gum</b>) Brand: <b>Nicorette Nicotin-Kaugummi 2mg/-4mg (Citrus, Classic, Mint)</b> <b>Nicotinell Kaugummi 2mg /-4mg (Fruit, Mint)</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p>20 cigs/day smoker 4 mg every hour (max. 16 gums/day) &lt; 20 cigs/day smoker 2 mg every hour (max. 16 gums/day)</p> <ul style="list-style-type: none"> <li>▪ chew gum slowly for 30 mins to promote buccal absorption of the drug</li> <li>▪ begin nicotine gum withdrawal after 4-6 weeks use</li> <li>▪ not to exceed 6 months on gum therapy 2mg /4mg x 30 gums 11</li> </ul>	<p style="text-align: center;"><b><u>NICOTINE REPLACEMENT</u></b></p> <p>Generic: Nicotin (<b>Transdermal Patches</b>) <b>Nicorette Membranpflaster 24.9 mg/ -16,6 mg/ -8.3 mg</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p>The plasters come in 3 strengths – 24,9 mg, 16,6 mg and 8,3 mg. 24,9 mg plaster for 12 weeks <b>then</b> 16,6 mg plaster for 2-3 weeks <b>then</b> 8,3 mg plaster for 2-3 weeks.</p> <ul style="list-style-type: none"> <li>▪ <b>apply one plaster a day</b> to a nonhairy, clean, dry area of skin on upper body or upper outer arm to rotate sites to prevent skin irritation. Apply first thing in am.</li> <li>▪ stop smoking immediately when beginning patch treatment</li> <li>▪ not to use during pregnancy, birth defect may occur</li> </ul> <p>8.3mg/ 16.6mg/ 24.9 mg x 7 patches 24 €</p>



<p style="text-align: center;"><b><u>NICOTINE REPLACEMENT</u></b></p> <p>Generic: Nicotin (<b>Transdermal Patches</b>) Brand: <b>NiQuitin 7mg / -14mg / -21mg</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>&gt;10 cigs/day smoker</b> Start 21mg x 6 weeks <b>then</b> 14 mg x 2 weeks <b>then</b> 7 mg x 2 weeks <b>&lt; 10 cigs/day smoker</b> Start 14 mg x 6 weeks <b>then</b> 7 mg x 2 weeks</p> <ul style="list-style-type: none"> <li>▪ Apply one plaster same time each day, on non-hairy, clean and dry skin</li> <li>▪ Remove old plaster before applying new one. Do not keep the plaster on for more than 24 hours.</li> <li>▪ Therapy should not exceed 10 consecutive weeks</li> </ul> <p>7mg /14mg/21mg x 7patches 22 EUR</p>	<p style="text-align: center;"><b><u>SOLUBLE FIBER SUPPLEMENT</u></b></p> <p>Use: for constipation Active Ingredient: Flohsamen od Flohsamenschalen (Psyllium) Brands: <b>Metamucil kalorienarm Orange (Pulver) Mucofalk Apfel/ -Orange (Granulat)</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>Metamucil</b> Adult: 1 tbsp in 1 glass water 1-3x/day. Child 6-12 yrs: ½ tbsp in 1 glass water 1-3x/day. <b>Drink 1 glass fluid afterwards</b> 174gm (N1) 11 €</p> <p><b>Mucofalk</b> Adult and Child &gt; 12 yr: Dissolve 1 tsp or 1 pack granules in 1 glass water. Take 2-6x/day 20 packs (N1) 7 €</p>
<p style="text-align: center;"><b><u>TOPICAL ANESTHETICS</u></b></p> <p>Use: for babies with teething pain Active Ingredient: Lidocaine Brand: <b>Dentinox Gel N Zahnungshilfe (gel)</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>Gel:</b> apply pea-size gel 2-3x/day Gently massage on affected gum after meals and before bed as necessary 10 gm Gel 5 €</p>	<p style="text-align: center;"><b><u>SALINE NASAL SPRAY</u></b></p> <p>Generic: Sodium Chloride Brand: <b>Emser Nasenspray</b></p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>Adult and Child &gt; 2 years:</b> 1-2 spray in each nostril as needed <b>Infants and Toddlers &lt; 2years:</b> 1 spray in each nostril as needed 15ml spray 5€</p>
<p style="text-align: center;"><b><u>ORAL ELECTROLYTE REPLACEMENT</u></b> <b>For infants and children</b></p> <p>Use :oral electrolyte / rehydration solution during acute diarrhea Contains sodium, potassium, chloride and glucose Brand: <b>Oralpädon 240 Apfel-Banane/ Erdbeere/ Neutral</b> (sachets, powder for oral solution)</p> <p style="text-align: center;"><b>DOSAGE</b></p> <p><b>Infants and toddlers:</b> 3-5 sachets (or more) sachets in 24 hrs <b>Child:</b> 1 sachet after every bowel movement Dissolve sachet content in 200 ml water. May keep solution in fridge for 24 hrs. Discard unused solution after 1 hr if kept in room temperature. If with nausea or vomiting, give sips at a time. <b>If diarrhea persists after 36 hours, seek medical consultation.</b> 10 sachets (N1) 5€</p>	<p style="text-align: center;"><b><u>ORAL ELECTROLYTE REPLACEMENT</u></b> <b>Adult</b></p> <p>Use: oral electrolyte / rehydration solution during acute diarrhea Contains: sodium, potassium chloride and glucose Brand: <b>Elotrans Pulver</b> (sachets, powder for oral solution)</p> <p style="text-align: center;"><b>DOSAGE</b></p> <p>Dissolve powder in 200 ml boiled, cooled water or tee. <b>Adults:</b> Total fluid replacement in 24 hours <b>is 20-60ml/kg bodyweight</b> depending on the severity of the diarrhea.</p> <p>10 sachets (N1) 5 €</p>

**CONSTIPATION**

*Use. For treatment of chronic constipation*  
*Generic: Macrogol 3350 (Polyethylene Glycol)*  
*Brand: Movicol (sachet, powder for oral solution)*

**DOSAGE**

**Elderly, Adults and Child > 12 yrs:**

*1-3 sachets daily in divided doses, accdg to individual response*

*Children < 12 yrs: not recommended*

**Dissolve sachet content in 125 ml water.**

*Discard any solution not used within 6 hours.*

*Course of treatment for constipation with Movicol does not normally exceed 2 weeks. Can be repeated if required. Prolonged use is not usually recommended.*

*10 sachets (N1) 9€*

